“It is easier to prevent bad habits than to break them.” – Benjamin Franklin

Psalm 24
Psalm 102
Psalm 112:1-2 “Praise the Lord! (Hallelujah!) Blessed (happy, fortunate, to be envied) is the man who fears (reveres and worships) the Lord, who delights greatly in His commandments. His [spiritual] offspring shall be mighty upon earth; the generation of the upright shall be blessed."

I Samuel 1:6-20

vex: to irritate, annoy, provoke, torment, trouble, distress, plague, worry

Seven Intentional Habits of A Righteous Woman’s Heart

1. **She develops the habit of seeking the Lord.**

Matthew 6:31-33

verse 32 seek: to crave or long for
verse 33 seek: to seek by thinking; to covet earnestly

2. **She habitually rules her own spirit.**

What is out-of-control or unrestrained within you?

“I can face things that are out of my control and not act out of control.” – Lysa TerKeurst, *Unglued*
3. She’s in the habit of being generous.

Developmental Individuating

4. She makes it a habit to choose humility over offense.

5. She habitually tells the next generation about the Lord.

6. She develops the habit of praying fervently.

James 5:16 (AMP) Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous woman makes tremendous power available [dynamic in its working].

7. She is in the habit of being bold in her faith.

“Boldness in the course of a noble fight is worth the risk. If you stand on truth, you’ll only regret your timidity later, but you’ll never regret being bold.” - Chuck Swindoll, re-quoted by Ann Voskamp

I Samuel 2:18-21

“Don’t leave commitments in your brain. Write them on paper. This does two things. First, it creates clarity by defining in specific terms what your change means. Second, it keeps you committed since it is easy to dismiss a thought, but harder to dismiss a promise printed in front of you.” - Scott Young, Tips for Breaking Bad Habits and Developing Good Habits
For Further Study

For each habit listed below, rate it on a scale of 1-10 with 10 being, the habit is a part of your daily life and 1 being, the habit isn’t even on your radar.

Write the one you most want to prioritize in 2015 on the index card provided. Bring your written index card to one of the Seasoned Women to pray with you.

Start your Time of Reflection by reading the verses for that habit.

Seven Intentional Habits of Righteous Woman’s Heart

_____ I am in the habit of seeking the Lord; committing my complaint to God through prayer instead of seeking revenge or going to plan B, etc.

Psalm 63:1
Jeremiah 9:23-24
Jeremiah 29:11-14
Matthew 6:31-33
Colossians 3:1-2

_____ I habitually rule over my spirit by controlling or restraining the emotions and will of my inner person.

Proverbs 25:28
Galatians 5:19-26
Ephesians 4:29-5:20
Colossians 3:4-14

What is out-of-control or unrestrained in your life?

• Is it your mouth?
• Do you habitually over react?
• Do you feel entitled? Regularly insist on your own way?
• Is your anger or raging out-of-control?
• Is your default something like: manipulation, lying or deceit, control, self-pity, fear or worry, vengeance, a critical spirit? Something else?

Write down the thing that is out-of-control in you and/or in your life; it might not even be on the list above.
I’m in the habit of being generous, particularly giving my children to God.

Psalm 37:21-26 and Psalm 112 and Psalm 127
Proverbs 19:17
Luke 6:38

I’m in the habit of choosing humility over offense.

Proverbs 15:33
Matthew 11:6
Philippians 2:3-9
James 4:1-10
1 Peter 5:5-6

I habitually talk to the next generation, and those under my influence, about the Lord.

Deuteronomy 6
Psalm 22:23-31 and Psalm 102:12-28
Proverbs 13:22

I have developed the habit of praying fervently; earnestly, honestly and with perseverance.

Philippians 4:4-8
James 1:1-8 and James 5:13-18

I am in the habit of being bold in my faith. I often boast over my enemies by reminding myself who God is and what God has done and will do in my life!

Joshua 1:7-9
Psalm 118:5-17
2 Corinthians 4
Ephesians 6:11-18
1 Peter 5:7-10